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Docket No. 230314587-1

Amendments to the Specification:

Please amend paragraph [0032] with the following replacement paragraph.

[0032] The height adjustment mechanism may also include a user controllable friction control operably connected to the friction assembly 130 that is configured to facilitate selectively establishing the amount of frictional force produced by the friction assembly 130. The user controllable friction control may be manual (e.g., dial connection to friction assembly 130) or automated (e.g., servo 660 operably connected to friction assembly 130, as shown in Figure 7, operably connected to friction assembly 620).